



**an cuardach seo naofa.  
Nuair a throid na cosa.  
Dr Beatrice Jarvis**















































To question only lightly.  
To return to the sensation of the hand on the heart,  
the sun on the chest,  
the wind the hair,  
the seal swimming beside,  
and the boots which fell in the sea  
after falling over.







Let the image of bird come.  
let the image of an animal come.  
Let the image of float,  
softly softly,  
The duet of body and earth.  
A constant,  
How little do we tune?  
Each foot step a new duet.











































The body is a microcosm of the earth  
The processes of nature are guidelines to aesthetics  
To live the experience of nature,  
We are dancing the circle,  
With no beginning and no end,  
Yet we will begin and we will end,  
But in our ability to perceive as such may be faulted and  
limit us.





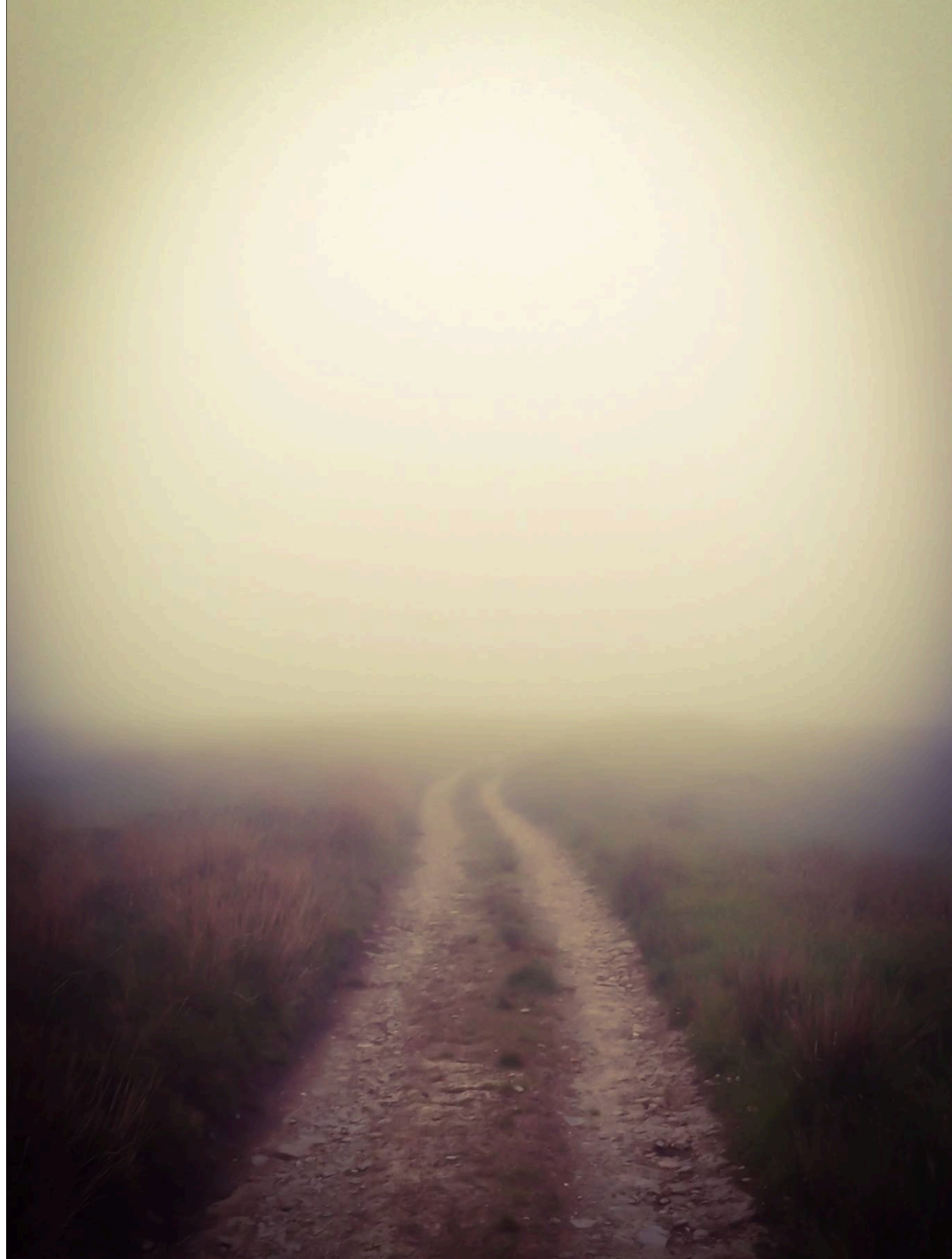
















For more information about my practice please see  
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